



Ellington Senior Center Special Events NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Please sign up in advance for these programs.</p>				1
4	5 10am Acrylics on Canvas(\$,**) 1pm TED Talk	6 9am-3pm Podiatry Clinic (\$,**) 1pm How Well are You Sleeping? **	7 9am-1pm AARP Driver(\$,**) 1pm Card Making w/Kay 2:45pm Monthly Music	8
 11	12 12:30pm – 2:00 pm Ask the Nurse 1pm TED Talk	13 1pm Bob Steele Program 1pm Listening Lab	14 10am Craft Fair Volunteers Meeting	15 NO Yoga NO Chair Yoga
18 1pm Ready... Steady... Balance! (Rescheduled from Oct.) NO Tai Chi NO Meditation	19 10am Acrylics on Canvas(\$,**) 1pm Long Term Health Care Insurance Q&A	20 1pm History for Fun: Legends of the Old West **	21 9am/10am Chair Exercise Activities Rm(\$,**) 12pm Thanksgiving Dinner 1pm Basis of 9-1-1 1pm Creative Writing...	22
25 Collection for Attic Treasures Begins NO Needlecrafts	26 NO MSC Lunch 1pm TED Talk	27 CLOSED AT NOON NO MSC Lunch	28  <p>Closed Thursday & Friday HAPPY THANKSGIVING Have a wonderful holiday!</p>	29

Ongoing Weekly Programs – November 2019

Monday 8:30 am-6:00 pm	Tuesday 8:30 am-4:00 pm	Wednesday 8:30 am-4:00 pm	Thursday 8:30 am-4:00 pm	Friday 8:30 am-1:30 pm
9:00 am-5:45 pm Billiards/Horseshoes	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-1:30 pm Billiards	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-10:00 am Yoga (\$)
9:00 am-9:45 am Zumba Gold (\$)	9:15 am-11:30 am Bridge	9:00 am-3:45 pm Horseshoes	9:30 am-11:45 am Sew & So Crafters	9:00 am-12:30 pm Wii Bowling
9:00 am-1:00 pm Ellington Chess Mates	10:00 am-10:45 am Chair Exercise (\$)	9:30 am-11:30 am Cut-Ups Carving Club	10:00 am-10:45 am Chair Exercise (\$)	9:00 am-1:15 pm Billiards/Horseshoes
10:00 am-12:00 pm Canasta	11:00 am-11:45 am Simple Circuit Fitness (\$)	10:00 am-11:30 am Ellington Singers (\$,*)	11:00 am-11:45 am Simple Circuit Fitness (\$)	10:30 am-11:15 am Chair Yoga (\$)
10:00 am-10:45 am Chair Exercise (\$)	11:00 am-12:30 pm Maple Street Café (\$)	12:00 pm-12:30pm Maple Street Café (\$)	5:30 pm-6:30 pm CrosSculpting (\$)	5:00 pm-8:00 pm Billiards
11:00 am-12:30 pm Adv. Line Dancing (\$*)	12:00 pm-1:30 pm Hand Massages (*)	1:00 pm-2:00 pm Ladder Ball & Cornhole		
1:00 pm-3:00 pm Needle Crafts (On hiatus 11/25-1/6)	1:00 pm-3:30 pm Dominoes	2:00 pm-3:30 pm Shuffleboard	We offer rides to Big Y and Stop & Shop on Fridays. Contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee – see Classes page for details Schedule is subject to change.	
1:15 pm-3:30 pm Board Games	5:30 pm-6:30 pm CrosSculpting (\$)			
2:00 pm-2:45 pm Tai Chi for Arthritis (\$)	6:00 pm-8:30 pm Setback			
3:00 pm-3:30 pm Meditation				
3:30 pm-4:45 pm Easy Line Dancing				

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat
 Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Raffat Zulfiquar, Rich Gillogly
 Canasta: Kathi Peterson
 Cornhole/Ladderball: Toni Finkle, Janet Sosnicki
 Creative Writing & More: Pat Stoughton
 Ellington Chess Mates: Alex Cardoni
 Cut Ups Carving Club: Randy Russo, Ed Ertel
 Dominoes: Dave and Mary MacDaid

Ellington Singers: Mary Regan, Maureen Webber
 Garden Thyme: Janice Chaplin, Leslie Sutor
 Hand Massages: Kay Luginbuhl
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Shuffleboard: Shirley Pinard
 Sew & So Crafters: Judy Varney
 Walking Warriors: Joe Ouellette, Carol Adams
 Wii Bowling: Dennis Varney, Larry Peterson